

SPECIAL VALENTINE'S DAY EDITION

The History of Valentine's Day

BY CONSTANCE GLYNN
Nor'easter Staff

Today, in addition to the United States, Valentine's Day is celebrated in Canada, Mexico, Australia, France, and the United Kingdom. The history behind Valentine's Day is very mysterious and has been recently romanticized. It's beginnings contain Christian and ancient Roman vestiges and can be traced back

to three different possible patron saints which the Catholic Church recognizes.

These saints, named Valentine (or Valentinus) were all martyred. The legends contend that Saint Valentine was a priest serving in the third century in Rome. During his time in ancient Rome, Emperor Claudius II outlawed marriage for single men in hopes that these men would become soldiers. Valentine saw the

injustice paid towards Claudius' potential soldiers, and he wanted these single men to be allowed to marry. Thus, Valentine defied the outlawing, and he conducted marriages in secrecy. Once discovered, the Emperor condemned him to death. He was buried around 270 AD.

One legend holds that the very first "valentine" was sent by Valentine himself. While in prison, on the night before his execution, Valentine professed his love for a young girl (who may have been the jailer's daughter). This young girl, who visited Valentine in his confinement, received a love letter signed "From your Valentine." The notion of little notes and trinkets to show one's affection caught on, and by the Middle Ages, Valentine was one of the most popular saints throughout England and France.

The observance of the holiday takes place in the middle of February, which some confuse to be the anniversary of Valentine's death or burial. Yet, according to popular myth, the reason for a

Please see *HISTORY*, page 3.



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St. Valentine.

mid-February acknowledgment of Valentine is due to the Christian church's desire to "christianize" celebrations of the pagan Lupercalia festival. For ancient Rome, spring began in Febru-

ary and was a time for purification. This meant that houses were swept and sprinkled with salt and a type of wheat called spelt. This festival was an observance of the Roman god of agriculture, Fau-



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The history of Valentine's Day.

What to do for Valentine's Day

BY SEAN DOYLE
Nor'easter Staff

For the big day there are many options right here within the Biddeford and Portland area. Around Valentine's Day one can become overwhelmed with the amount of activities and the amount of planning that needs to take place to ensure the big day goes right. There are many great restaurants and other kinds of activities to do right here locally.

A local spot for a nice quiet dinner with that special someone is Mia's at Pepperell Square. Tucked away off the main drag in Saco, one will find the small corner restaurant. With its dainty appearance and gourmet dining, Mia's has become one of the best kept secrets in southern Maine. Once inside, one will find small tables, dimmed lights, and candles at every table, it makes for a truly decadent evening. Filet mignon, braised short rib, and pan seared cod are just a few of the delicious entrees offered. With a menu that's inspired by local flavor, Mia's is a worthy night out.

For a truly special and different experience take a ride up to



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DiMillo's Floating Restaurant in Portland.

Portland, where DiMillo's Floating Restaurant will provide excellent scenery and even better seafood. DiMillo's is actually a restaurant built on a boat that provides scenic views into the bay. Not only does DiMillo's serve delicious and appetizing seafood but one will find

a range of entrees such as Black Angus sirloin steak, and balsamic chicken. For a special restaurant that's worth coming back to, check out DiMillo's in Portland.

Another hot spot that will surely impress any date is Pier 77 in Cape Porpoise. With a beauti-

ful dining area that looks over the water, Pier 77 will take your breath away, and leave you feeling satisfied from their expansive menu that has something for everyone. From lobster to steak, and a variety of salads and other traditional New England grub, Pier 77 is just down the road

from UNE and worth the while to stop in for a plate or two.

For a less formal and more local meal, stop into the Run of The Mill in Saco. Run of the Mill has an excellent menu, and an outstanding brewery attached to the restaurant as well. Great food and local ingredients for this 24 barrel brew pub makes it a great local flavor that offers a different kind of night out. With all kinds of traditional favorites like calamari, quesadillas, and other pub food, The Run of The Mill will surely satisfy even the biggest appetite. The mill also has some original and house favorites such as southern Maine fried chicken, the drunken pot roast, and not your momma's meatloaf.

Not only will dinner be a must for Valentine's Day, but the flowers are always a great addition. Fortunately, Biddeford has that as well. Majestic Flower Shop on Hill St. has you covered. With a bountiful array of flowers and arrangements, that special someone will feel that much better with a bouquet of fresh cut and expertly arranged flowers.

Don't blow it this Valentine's Day, and let the local attractions help out.



Support of St. Valentine



The traditional gift of a necklace and flowers.

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BY ALYSSA FASTNACHT
Nor'easter Staff

Underneath all of the commerciality that has taken over Valentine's Day, it is a day dedicated to spending time with loved ones, and that should be celebrated. In our over-booked, over-involved, and over-stressed world today, there is hardly time left for the important people in our lives. Valentine's Day gives us the opportunity to take things a bit slower and a reason to set aside some time for a special person in your life.

We often forget to tell people how much they mean to us. Especially as students, we are too wrapped up in how we are going to find time to write a five-page paper, staff an event on campus, study for three exams, go to work, and write an article, that the special people in our lives get put on the back burner until we have three seconds to say "Hi" and then are on our way again. For me, Valentine's Day is one day that I can stop focusing on myself and my busy schedule and, instead, focus on someone who deserves my attention. It's a day we don't have to feel embarrassed about telling that special someone how much we love them.

Unfortunately, this "Lover's Holiday" has become much more centered on commercialism. I understand how that can turn people off to the holiday, but that's not all it has to be. The diamond necklaces and earrings aren't the point. A beautiful bouquet of flowers, box of gourmet chocolates, and a giant stuffed teddy bear also don't complete it. It's a day to celebrate simply being together. So why not just do that?

At the end of the day, commercialism is part of our world. We see over 3,000 advertisements every day, and they work, so why wouldn't Hallmark and Jared turn it up right before Valentine's Day? At least it's boosting the economy a bit, right? Still, it isn't necessary to get so wrapped up in the materialistic aspect of the holiday with expensive gifts, elegant dinners, and elaborate flower arrangements that you forget to actually say "I love you." A home cooked meal, maybe prepared together, will really do the trick. If

you don't cook, then fine; go out for a nice dinner or order take-out, but there's no need to spend nearly a month's rent on it. Grab a pizza, cuddle up on the couch and watch a good movie. Spend time together. End of story.

As much as the holiday isn't about the gifts, it's definitely a perk. One of the best things about Valentine's Day is the excuse to eat chocolate. Get me a bag of Ghirardelli chocolate and I'll love you forever. (Dark and Raspberry Squares. Stand Up Bag- \$3.49). A corny pick-up line, no matter how lame, will still make me laugh; and having a nice vase full of flowers definitely brightens up a dingy residence hall room. So even though it's not the most important thing, a cute little something is always a nice gesture.

If you're single, why not spend it with a friend? Have a horror movie marathon if you want, but at least you'll be with someone else who still means a lot to you. But being single is another reason people hate it so much. It reminds them of the fact and that bothers them. But look at the bright side. For one, you can go out to a bar and be completely available to meet someone. Even better, you are saving yourself some money. No trying to find a last minute romantic dinner reservation that costs more than the Jimmy Choo shoes she's wearing. The best part is you don't have to worry about what type of gift to get your sweetheart if you've been dating two weeks, two months, or two years.

Regardless of whether you're in a relationship, Valentine's Day doesn't have to be the worst day of the year. True it may be a little overdone at times, but the nice thing about it is that you can really manipulate it into what you want it to be. You can get all dressed up and have a nice dinner and give each other expensive gifts, or you can just sit at home, hang out, and reminisce about all of the fun things that you've done together and things you want to do in the future. At the very least, it's the day you remember that you have someone in your life, significant other or best friend, who cares about and supports you and most importantly loves you.

Boycott Cupid's Consumerism

BY CONSTANCE GLYNN
Nor'easter Staff

The celebration of Valentine's Day is a progressive disease. It starts in preschool with cherry lollipops and jello jigglers. In grade school, you skip lunch because you eat too many candy hearts. Once middle school comes, you are appreciated through more directed Valentines which may involve stuffed animals and \$1 red and pink carnations. In high school, boys start to buy candy and flowers that they can't afford. As we get older, it becomes perfumes, negligees, and a night out. At this stage, there's no turning back. We have been overpowered by commercialism and we are incapable of unlearning the traditions.

Valentine's Day is one big mad rush; a rush to book the perfect restaurant, get the longest stemmed roses, and the most elaborate box of chocolates. It's a season of obligation; the obligation to prove you care. According to Hallmark, half of the U.S. population celebrates Valentine's Day by at least purchasing a card. I was in Rite Aid the other day and saw a Valentine's Day card for \$7. Seven dollars! I almost had a heart attack right there in between the shiny pink covered Hershey kisses and Rayovac batteries. It's just a piece of heavy card stock folded in two decorated with overused Valentine's Day symbols; hearts, and a dove, of course. The poem was cheesy and the punch line was overdone. Here's an idea; make a card by hand for someone, and don't ruin it with something like "Roses Are Red, Violets Are Blue."

Chocolate and candy sales alone reach profits of over a billion dollars during Valentine's (now, that's a lot of cavities!). Seasonal candy is funny because it adorns the shelves in every single store the second one holiday comes close to ending. I'm pretty sure Santa's chubby butt was still stuck in my chimney when the associates at Rite Aid were placing the overstuffed teddy bears in

their respective spots at the front of the store for Valentine's Day. According to Women's Day magazine, 15% of American women (and even some men) send flowers to themselves on this holiday. It's unfortunate that some people feel the need to prove that they're cared about. They feel this way because of the commercialism surrounding the holiday. At least it's flowers and not diamond earrings (from Jared, of course) that people buy for themselves. A lot of people love to go out to eat on Valentine's Day. Why make it a public event that's going to cost a fortune? Most likely, your chicken will be too pink and your waitress will be catty because she's spending the night catering to other people's wishes.

I used to love Valentine's Day when I was in grade school. Those conversation hearts and Disney cards were priceless when I was ten. Now, I can't get past the materialism of it all. This is not meant to be bitter and cynical. I love how Valentine's Day gives the opportunity to those who are unable to speak up any other day and it does call for appreciation of the people you are with. But why spend so much money on it? According to last year's MSNBC report, Americans spent just over 15 billion dollars on Valentine's Day. Within a matter of hours,

the chocolates will be devoured and the petals will be wilted. People always say that it's the thought that counts, but how much thought goes into buying a Hallmark card? And what about the other 364 days in the year? Do people not care then? And if they do, are they spending seven dollars on a corny card to show it? I think we could learn a thing or two from the Finnish. In Finland, Valentine's Day is called Ystävänpäivä, which translates into "Friend's day." As the name indicates, this day is more about remembering all your friends, not only your loved ones. I'm sure an observance like this would cut down on societal expectations of buying perfume, bracelets, heart-shaped chocolates, and prime rib on the 14th of this month. At least we're not as creepy as the people in other places though. In Norfolk, a county in England, a character named "Jack Valentine" knocks on the rear doors of houses and leaves sweets and presents for the children. I don't know if this would go over too well in the States. An almost-naked angel with a bow and arrow is bad enough, especially with a 15 billion dollar banner looming over his innocent little curls. How about this; wait three days and everything will be 75% off.



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No Cupid.

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How to Throw an Anti-Valentine's Day Party

BY TANYA LAWRENCE
Nor'easter Staff

Are you bitter and cynical about love? Does the thought of February 14th make you want to slam those happy couples' heads together as they stare lovingly into each others eyes? Do you want to bury yourself deep into your blankets, in a dark bedroom on the dreaded Valentine's Day and pretend the calendar magically goes from February 13th to February 15th? Whether these feelings are stemmed from a relationship gone bad, annoyance at being kicked out of the house so your roommates can have a romantic night in, or just plain frustration at a Hallmark created holiday, this year is going to be different. This year you are going to leave your blanket cocoon, open the blinds, and throw a party! Here's the catch though, this party is going to have no couples allowed and it's going to be an ANTI-Valentine's Day Party! If you are bitter about this waste of a holiday, why not be bitter and cynical with style?

Of course, with anything, there has to be specific guidelines on how to properly throw

an ANTI-Valentine's Day Party. After all, we do not want to risk the chance that mushy, love talks somehow sneak into the conversations.

ANTI-Valentine's Day Party Guidelines:

- No couples allowed. Even if some of your best friends are couples, this is one night they should be excluded from your party. It will be difficult to be cynical and obnoxiously bitter if you have friends staring into each others eyes. You don't want to ruin the atmosphere!
- Ask guests to wear black. Pink and red are far overrated any ways, and if you ask me, they should both be eliminated from our color scales.
- Create an "anti-love" CD. Include songs such as Kanye West-"Heartless," Beyonce-"Single Ladies," and Kelly Clarkson-"Already Gone." And of course don't forget to add "I Will Survive," because

who needs those relationships anyway?

- Require everyone to bring an enlarged photo of an ex. Hang up the pictures and throw darts at them. The person who tears up their picture the most, wins a prize!

- Have everyone wear "bad relationship name tags." Example: "Hi My Name is 'Unable to Commit.'"

- Be sure to serve broken hearted/black cookies. Make heart shaped cookies but either draw a line through the middle or put black frosting on the cookie.

Most importantly, have a blast! Even though February 14th, Valentine's Day or Single Awareness Day, can make you bitter or remember bad, past memories, try to make new memories! Share memories of past relationships and laugh about them and remember that it IS possible to be bitter and cynical with style.



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Hope you have a Happy Anti-Valentine's Day!

Dear Diva's Advice

BY ANONYMOUS
Nor'easter Contributor

****DISCLAIMER:** Nor'easter News is not responsible for any of the content in the Dear Diva Advice Column. Dear Diva, in some instances, is meant to be humorous. Please take her advice lightly. **

"Dear Diva,
So, there is this guy that I really, really like. However, he is totally out of my league. I really want to ask

him out on a date this Valentine's Day. Do you think I should go for it? Thanks, Scared."

Dear Scared,
Honey, chances are, you probably are out of his league. Just kidding! However, if you think you are out of his league, then he's going to think you are out of his league. It's all about confidence. If you think you'll get the date, then you probably will. However, remember that if you don't, rejection is a natural part of life. You gotta let it roll off your shoulders and move onto the next hunk, you know what I mean?

"Dear Diva,
There is a kid in my class who keeps

asking me out on dates. He's kind of creepy. How do I tell him that I'm not interested without hurting his feelings? Help Please, Worried."

Dear Worried,
Tell that creep to get away from you! You are too good for him to be all up in you business, you know what I'm saying? For real though, just tell him the truth. The truth may hurt, but a lie and leading someone along will hurt more in the long run. Just be honest, but be kind about it. You want to tell him the truth, but there is no need to insult or be crude.

"Dear Diva,
I hate Valentine's Day. Do you have any suggestions for things my part-

ner and I could do together that doesn't involve tacky Valentine's Day apparel, or the typical restaurant/eating out thing? Sincerely, Bored."

Dear Bored,
Umm...Be creative? Jeez...Can't anyone figure out anything to do with their small brains!? For real though, it seems like you and your partner have been together for awhile if you are done with the typical V Day stuff. So, my not too

specific advice is to change it up. Stay away from themed stuff. If you don't want to go out, why not cook your partner a really nice dinner and stay in. This way, you can focus on each other. Good food, good movies, and alone time. No doubt, they will be loving it.

Divaicious Advice

HISTORY

CONTINUED FROM PAGE 1

nus, as well as to the founders of Rome, Romulus and Remus. This festival is at one and the same time a fertility festival and a time to purify the land. Thus, to begin the celebration on February 15th, members of the Luperci (a group of Roman priests) would gather at the sacred cave where the infants Romulus and Remus were believed to have been cared for by either a she-wolf, or lupa. Here, the priests would sacrifice a goat, for fertility, and a dog, for purification.

Around 498 A.D., Pope Gelasius declared February 14 as St. Valentine's Day. The oldest known valentine still in existence today was a poem written by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting, which

was written in 1415, is part of the manuscript collection of the British Library in London, England). Several years later, it is believed that King Henry V hired John Lydgate, a writer, to create a Valentine note to Catherine of Valois. According to written record, the first association of Valentine's Day with Romantic love is contained within Geoffrey Chaucer's "Parlement of Foules" in 1382. "Parlement of Foules" was a poem written in celebration of the first anniversary of the engagement of King Richard II of England to Anne of Bohemia.

Valentine fever quickly spread. In Great Britain, Valentine's Day began to be popularly celebrated around the seventeenth century. By the middle of the eighteenth century, it was common for friends and lovers in all social classes to exchange small tokens of affection or handwritten notes. Ready-made cards were an easy way for people to

express their emotions in a time when direct expression of one's feelings was discouraged. These ready-made cards appeared at the end of the century, for due to improvement in printing technology, handwritten letters were replaced by printed cards. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings. Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland, known as the Mother of the Valentine, began to sell the first mass-produced valentines in America. These valentines were embellished with decorations of traditional Valentine's Day symbols, along with the catch phrase "From your Valentine," derived from the letter written to a young girl from a prison cell by Saint Valentine himself, which is still extremely popular today.

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Valentine's Day Shout Outs



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Dear Cody,
I'm your lady and you are my man.
-Jenny

Dearest Charles, You are so dreamy!
- Anonymous

Dear Truckload,
Did you get a flat tire? I have AAA.
- Anonymous

Dear Anthony,
You got whatever it is.
-Alyssa

Dear Erin,
I saw you across campus yesterday. I
can't stop thinking about your beautiful
locks.
- Mickey Boy

Jennifer,
You mean everything to me. Don't
worry so much about how you look,
you are beautiful, and everyone can see
it. I want you to see it too. Walk with
your head held high. You deserve to.
-C

Dear Valentine,
Be mine, please.
Thanks.
-Anonymous

Dear Sugar,
Yes...I called you
sugar. Get over
it. You know who
you are.
-Ben

I love you, S.
-S

Courtney,
Thank you for making this the best year at UNE yet. Your
presence is a constant reminder that there is still beauty in
the world. I love you.
-Bunny

N,
Thanks for being so awesome. You always know how to
make me laugh and smile. No matter what, you can always
make my day better. Thanks for everything.
-D

J,
I need more of you in my life. You are hilarious, and your
company never ceases to please me.
-B, A, and C

JMR...
Thanks for finding me...
- Love, PJF

Dear J,
You mean the world to me. Thanks for
being you.
-Love, M

I Love Hannie and Becca.
-Anonymous

Mike,
I'm glad we finally have people to spend
this commercially centered holiday
with.
-Love, Kayla

Happy Valentines Day to my beautiful
angel. You're my puzzle piece. I love
you Beth.
-ML

Jacob,
You make my wildest dreams come
true.
-Anonymous

Dear Katelyn,
We cannot wait for you to be a TA in
our class. We're really looking forward
to it.
-AF and JF

Editors' Picks: Best Valentine's Day Movies



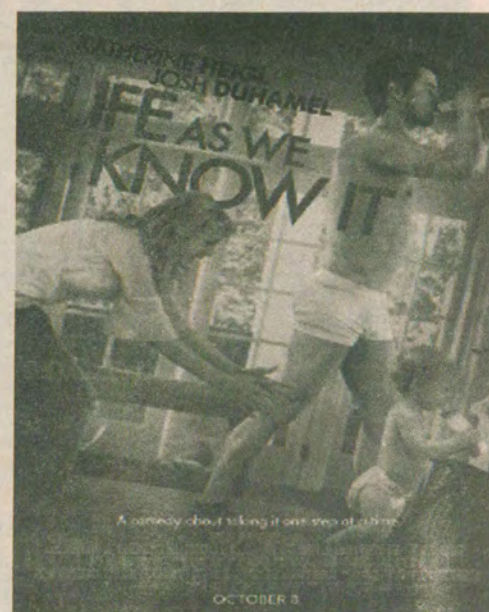
Blue Valentine

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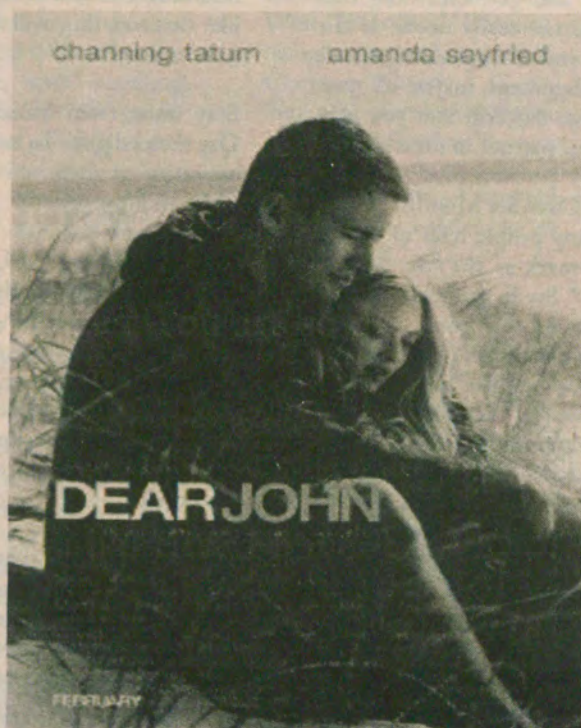
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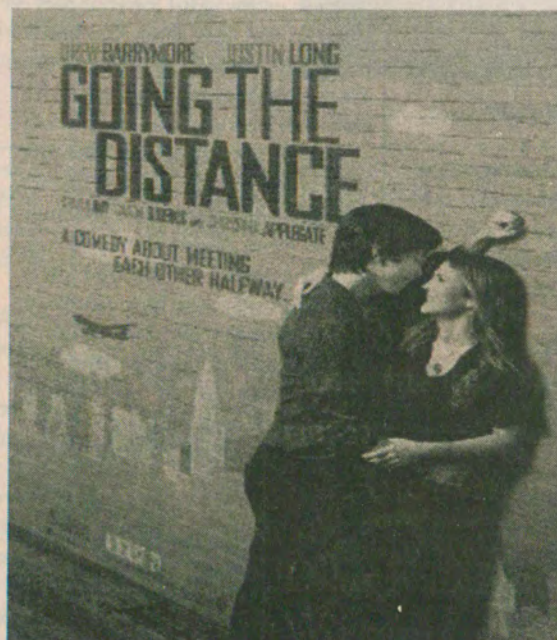
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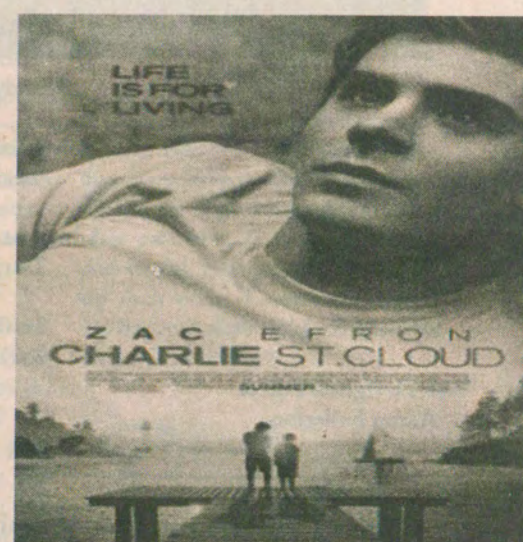
Dear John

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Going the Distance

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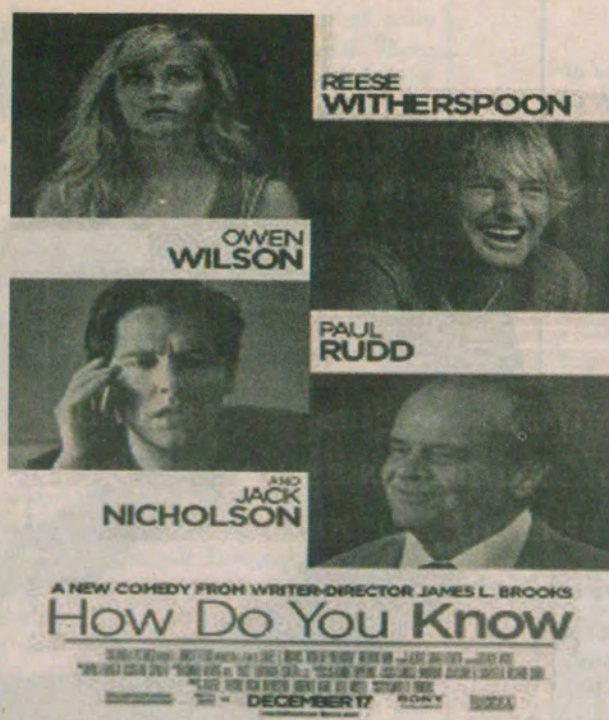
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Leap Year

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Valentine's Day Gift Timeline: When And What To Get Your Significant Other

BY BRANDON HOTHAM
Nor'easter Staff

Alas, the dreaded Valentine's Day is approaching. Valentine's Day: a time of confusion, bewilderment, and nerves. Wait? Isn't Valentine's Day supposed to be about love (although some say it's about an obsession with consumption that only big business benefits from and that the holiday itself has nothing to do with love, but we won't get into this now)? So...Why all of the angst?

I think we can all understand; it can be stressful finding the right gift to give or the right activity to do on Valentine's Day. There are really a few ways your gift decision can go (we will focus solely on gifts in this piece). One, you go over the top: you spend way too much money and get something way too extravagant for your partner, and the next thing you know they are distancing themselves from you because they are worried that you are coming on too strong. Two, you get a horrible gift that is not thoughtful, it's cheap, and it's something your partner would never enjoy. The third option, the option we all hope for, is that you find something relatively in between the first two options: something that your partner will enjoy, that's in an appropriate price range, and that is appropriate for the length of time you've been together.

Now, I say "length of time" above as a measure for the development of "love." I realize that some people can "fall" quickly, so this may not apply to everyone. However, the following advice is meant to apply to the masses.

Just met/Within the First Few Weeks:

If this is the case, take it easy. Depending on how things are going, you don't want to overpower your partner. Remember, if this does turn into something serious, early gifts are usually what people remember most, and they can be great conversation/story moments in the future. Don't spend more than \$15-\$20, and have it be about something your partner recently told you about themselves. This way, they know that you care and that you are happy about getting to know them.

One Month to Six Months:

So, things are obviously slightly more serious. Here, the price range can go up (but let's remember: we are all college students with limited budgets). Now would be the time to get more creative and get something that your partner really needs. If the budget and corresponding hearts are in alignment, maybe it's time for a nice day trip that you plan with your partner to somewhere.

Over Six Months:

Many people refer to the six month mark as the "Six Month Hurdle." So, to get past this, be creative. At this point in many people's relationships things become too regular. Meaning, in other words, actions by each partner are too predictable. So, be spontaneous! If you have both been really busy for the past six months, maybe it's time to act like you are first dating again. Ask your partner on a date and take them to a nice dinner, followed by a nice functional gift.

Over a Year:

First, congratulations for making it this far! A good gift for people who have been together

over a year is something semi-serious. You have, after all, been together for over a year. Think about something your partner has really been wanting or you think they really would like. Go for it! I know budget can be an issue, but that's what credit lines are made for (just kidding). I bet you can find something in your price range that your significant other has been hankering for.

As a final note, here are some added tips for Valentine's Day gift buying.

- Don't buy flowers. Period. It's lame. They die in a day, and they are possibly the most unoriginal gift ever. Plus, think about the message that you're sending. "Here is something beautiful, like our love, and like that too, they will die in a short time."
- Stay away from Valentine's Day themed gifts. To be honest, most of them are quite tacky and overpriced.
- Buy something FUNCTIONAL! Why would you buy someone something that they cannot use? If you do, it's a waste of your money. Plus, when you buy something functional for someone, they will think of you every time they use it!
- Finally, remember that gifts give an impression. Think of this while shopping. Be conscious of what your gift might be saying, and what exactly it is that you are trying to say.

Good luck!



Say NO to flowers.

COURTESY OF HUBPAGES.COM

Voices in the Crowd: Who is your Valentine?

BY DANIELLE CROPLEY
Nor'easter Staff



"The girls of South 214 because we're going to watch bloody, gory horror movies all night long to celebrate Valentine's Day."

-Laura Carter



"My boyfriend because he is the guy every girl wishes she had."

-Sarah Leonard



"So there's this girl I've seen around and recently started talking to. I think she's awesome and if anyone is going to be my Valentine, it's her."

Oh, she's really pretty, too."

-Ade Ajimatanrareje



"Well, she's really sweet, lives in Avila, and makes me smile every time I see her. But, she has no idea she's my Valentine."

-Jake Green

PHOTO HIGHLIGHTS



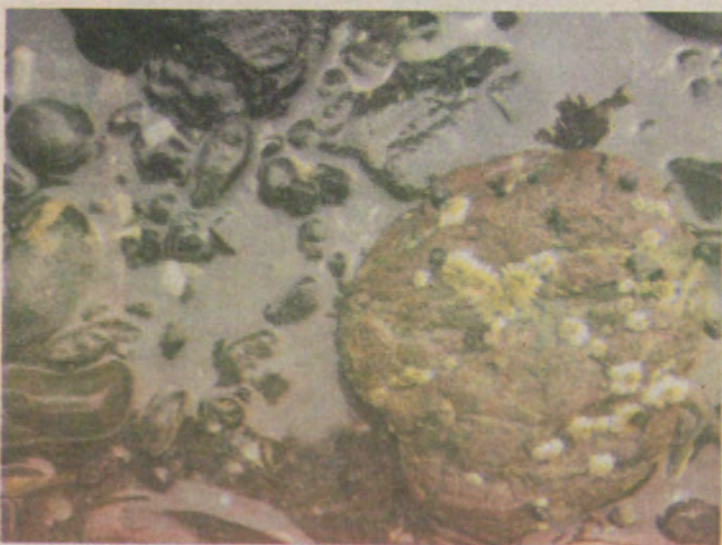
A bite of love.

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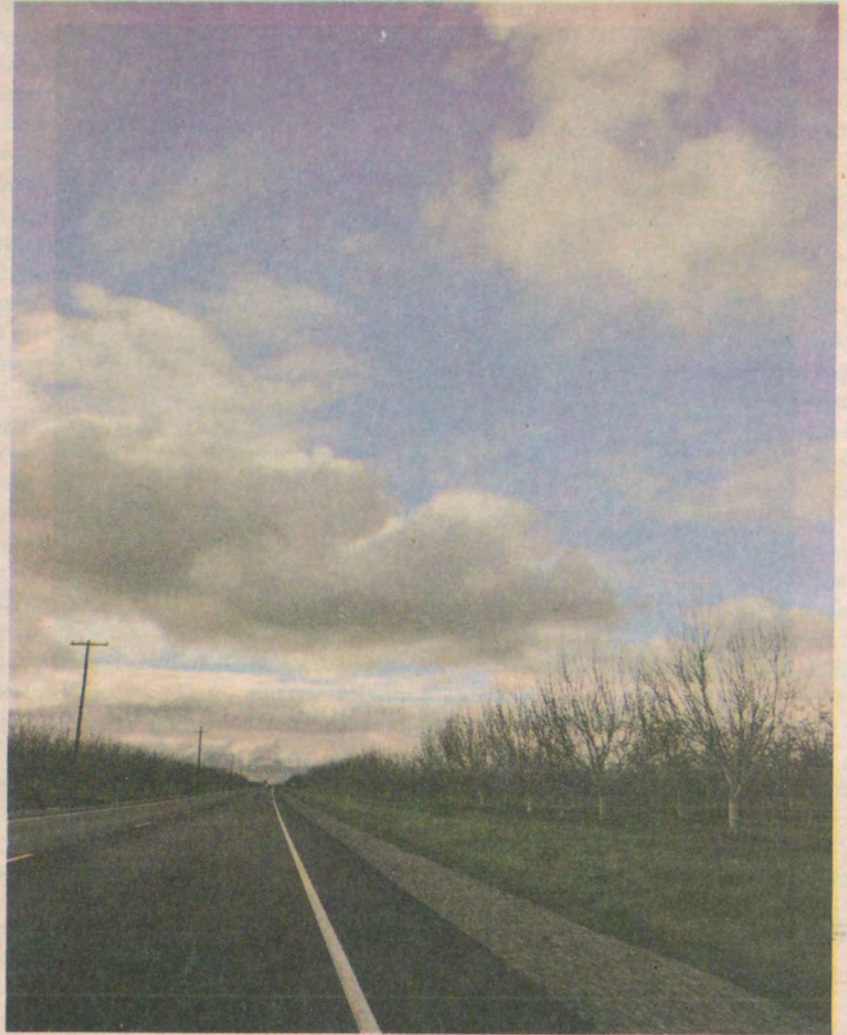
Rocky shoreline.

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Hearts on the beach.

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Clouds over the horizon.

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Last issue's "What is it?" was a picture of a hammock. Check out the next issue for this issue's answer!

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